

Review

A "blocked" heart often comes from a secret sin that requires repentance.

A "bitter" heart can be relieved by putting your hope in the goodness of God.

A "broken" heart can be healed by the wholeness and holiness of God.

THESE ISSUES ARE OLD • TODAY'S ISSUE IS MODERN • BURNOUT

LCC IS ALMOST 10 YRS OLD → HARD WORK → BURNOUT • MUSICIANS, SETUP, GROUP, KIDOPOLIS!

FEW THINGS BOTHER ME AS MUCH AS "BURNOUT" // THIS SUMMER, I WAS BURNED OUT!

NOTHING KILLS MOMENTUM LIKE "BURNOUT." AND IT'S CONTAGIOUS!

Understanding "Burnout"

Psalm 42:1-5

MY RELATIONSHIP TO THIS PSALM • PROBABLY DURING EXILE • BUT EMOTIONALLY RELEVANT

The Psalmist Describes Three Things:

GOOD past • **UNFULFILLED** now • difficult **HOPE**

BURNOUT HAPPENS WHEN YOU DON'T MOVE PAST STAGE TWO

Burnout happens when there isn't enough

FULFILLMENT to keep us moving **FORWARD**.

RECENT PHENOMENON • PAST MOTIVES: OBLIGATION, COERCION, PASSION, NOT FULFILLMENT

FULFILLMENT IS EVERYTHING • ESP IN CHURCHES • ESP ESP IN OUR SPIRITUAL LIVES!

STOKED FIRES don't **BURN OUT**.

Solving Burnout

JOHN 10:10 • NERD TIME • FIRES NEED FUEL, HEAT, OXYGEN & IGNITION • PROMISE OF NO BURNOUT

Overcome burnout with the ignition of "**YES**."

MATTHEW 4:18-20

Prevent burnout with the **FUEL** of **PURPOSE**.

JOHN 15:14-16

Prevent burnout with the **HEAT** of **RELATIONSHIP**.

ILL: TALKING WITH MY DAD • JOHN 17:20-21

Prevent burnout with the **OXYGEN** of **WORSHIP**.

LUKE 22:42-43

Take it Home

THIS SUMMER I WAS BURNED OUT • WITHOUT KNOWING IT I WORKED THESE STEPS

Stoked fires don't burn out.

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